

**DISSERTATION
ON
“A STUDY TO ASSESS THE EFFECTIVENESS OF BIBLIOTHERAPY
ON RAISING SELF- ESTEEM AMONG NURSING STUDENTS IN
SELECTED, NURSE’S HOME AT CHENNAI.”**

**M.Sc (NURSING) DEGREE EXAMINATION
BRANCH – V MENTAL HEALTH NURSING**

**COLLEGE OF NURSING
MADRAS MEDICAL COLLEGE, CHENNAI -03.**



**A dissertation submitted to
THE TAMILNADU DR.M.G.R MEDICAL UNIVERSITY,
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**In partial fulfillment of the requirement for the degree of
MASTER OF SCIENCE IN NURSING
OCTOBER 2017**

CERTIFICATE

This is to certify that this dissertation titled “A study to assess the effectiveness of bibliotherapy on raising self- esteem among nursing students in selected, Nurse’s Home at Chennai.”is a bonafide work done by Mrs. M. Nagammal, College of Nursing ,Madras Medical College ,Chennai submitted to the TamilNadu Dr.M.G.R Medical University, Chennai in partial fulfillment of the requirements for the award of degree of master of science in nursing ,Branch V, Mental Health Nursing, under our guidance and supervision during the academic year 2015 -2017.

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LIST OF ABBREVIATIONS

EBD	Emotional Behaviour disorder
LEASE	Level of Emotional Awareness Scale for children
RSES	Rosenberg self esteem Scale
PSS	Perceived Stress Scale
FCAT	Florida Comprehensive Assessment Test
CFST	Culture Free Self esteem Inventory
CSEI	Coppersmith self esteem Inventory
DRA	Developmental Reading Assessment

ABSTRACT

Title of the study

“A study to assess the effectiveness of bibliotherapy on raising self- esteem among nursing students in selected, nurse’s home at Chennai.”

Adolescence is considered a challenging stage of a girl’s life. It is a transition period from childhood to adulthood of a girl that involves psychological changes, developments in cognition and emotion, changes in social roles with peers and the opposite sex, and considerations of school and career.

Need for study

Self esteem refers to an individual’s sense of his or her value or worth or the extent to which a person values, approves, appreciates, or likes himself or herself. Self esteem is an important evaluative component of self concept and has a value in the life of every human being. A non drug method of inducing psychotherapy method may be preferred for raising self esteem among adolescent nursing students. .

Objectives

- 1) To identify the socio demographic variables of the nursing students
- 2) To assess the existing level of knowledge of self esteem among nursing students.
- 3) To determine the effectiveness of bibliotherapy on improving self esteem among nursing students.
- 4) To find the association between pretest and post test scores with selected demographic variables.

Research approach

The research approach used for this study is quantitative approach.

Duration of study:

4 weeks from 20.11.2016 to 18.12.2016

Study setting

Nurses Home, Chennai.

Study design

The research design selected for this study is one group pre test - post test design

Study population

Nursing students residing in Nurses Home, Chennai

Sample size

The sample size of the study is 60 nursing students with low self esteem.

Sample techniques:

The technique used was a simple random technique.

Data collection procedure

Informed consent was obtained from the nursing students. Confidentiality of shared information was assured. The pre-test was conducted in the group. The self esteem was assessed by the interview method with Rosenberg Self esteem Evaluation Scale, which took 20 minutes for each person. The intervention was carried over by each student group in 30-40 minutes for 15 days. Every day for the 15 students bibliotherapy issues related to components, resources, reading materials, self esteem develops and maintained. Practical self-help book based on fiction stories. It is engaging and very accessible with real world examples on 16th day post test was conducted.

Data analysis:

The data were tabulated and analysed using descriptive statistics like mean, standard deviation, frequency distribution and percentage. Inferential statistics like paired t-test, Mc.Nemars test and Chi-square test.

Study results:

- At pre-test the nursing students level of self esteem is low, when compared to the post test

- After bibliotherapy was , 10.0% of the nursing students had low level of self esteem,
- Medium level of self esteem was 38.3%and
- Highest level of self esteem was (51.7%). Therefore, the posttest level was statistically very significant.
- Age in years ($\chi^2=6.00$ $p=0.05$ * $DF=2$) , occupation of parents ($\chi^2=6.39$ $p=0.05$ * $DF=2$) , average time spent for study($\chi^2=5.45$ $p =0.02$ * $DF=2$), and interested to read books ($\chi^2=5.45$ $p =0.02$ * $DF=2$) and participating in bibliotherapy had raised self esteem level of experimental group than control group.

Discussion

Effectiveness of bibliotherapy in raising self esteem among nursing students resides nurses home by comparing pretest and posttest level score. Each domain wise self esteem level gain that markedly increased among nursing students had gained 39% of self esteem level.

The findings of study are more or less similar with study done by Sepideh Salimi (2014) the Job self-esteem mean score had no meaningful difference in both groups before the intervention ($P = 0.8$), but the score in study group was more than Control group after the intervention ($P = 0.05$).

Recommendation

A similar study can be replicated on large samples to generalize findings.

Conclusion

The study shows that bibliotherapy enhances the level of self esteem among nursing students. Hence the govt. and the academicians should take efforts by facilitating all types of reading materials (General books, Story books, Books that improve moral values etc.), to the students especially those who are staying in the hostels. Hence future generation will develop confident, self direction, awareness of personal and strength, optimism, ability to solve the problem, independent and cooperative attitudes.

CHAPTER –I

INTRODUCTION

Adolescence is considered as the most challenging stage of a girls life. It is a transition period from childhood to adulthood of girl that involves psychological changes, developments in cognition and emotion, changes in social roles with peers and the opposite sex, and considerations of school and career. It involves the development of identity, independence from family and adaptation to peer groups¹. If children and adolescents struggle to cope with these changes, they may develop emotional disorders, such as anxiety, depression and obsessions².

Though adolescent girls are getting benefits from the education and employment at present, they have inadequate level of self esteem. The healthy sense of self esteem is requires for positive mental health. ²

There are several causes for existing low self esteem in girls. Self esteem is related to how we feel about ourselves. It's not just about how they look, but how they feel about themselves. Also it's not just how successful or smart others say that they are, but how confident they feel about their talents and abilities. The cultural and traditional patterns of Indian family system usually prioritize and distribute the major power to men. It is indirectly influence the development of self esteem in the girls. Because of the selective negligence of the society and environment, the girls may be at risk for low self esteem.^{3,4}

Low self esteem level of adolescent girls is not a new concept. Unjust comparison with male siblings or friends, criticism, lack of appreciation on accomplishment can all result in low self esteem in girls. Another major cause is their physical appearance as they expect their appearance to be absolutely perfect. Any imperfection in this concept results in their lack of confidence and results in extreme depression. Moreover these young girls are often confronted with teen issues like teen dating and sexual relationships.⁵

Girls self esteem peaks when they are nine years old³ Problem of low self esteem shows that depression, low academic performance, dropout from the school, and psychosomatic disorders are common in girls. Healthy sense of self esteem is needed for the girl children to lead their life successfully. Developing self esteem is an essential component in healthy well being.⁶ Self esteem can be promoted in different ways. Bibliotherapy in the classroom environment is one of the low cost but effective interventions to promote self esteem.⁷

Bibliotherapy is a unique type of therapy that has gained more attention and recognition over the years. Bibliotherapy literally means to treat through books. It is also described as the use of reading to produce affective change and to promote personality growth and development.⁸

Bibliotherapy is particularly beneficial when working with students. It also help the students to obtain problem solving strategies through the experiences of characters in the book, Identify how characters in the book dealt with similar problems, gain insight into alternative solutions or courses of action as they may take. Through Bibliotherapy, children can better learn to solve problems and can build up a healthy sense of self esteem.⁸

1.1 Need for the study

Self esteem refers to an individual's sense of his or her value or worth or the extent to which a person values, approves, appreciates, or likes him or herself. Self esteem is an important evaluative component of self concept and has a value in the life of every human being.⁹ Women may have emerged victorious in almost all the fields, however when it comes to self esteem, women lose miserably. Low self esteem is the main reason why in spite of their brilliant achievements in all the fields, women cannot stand for what is rightfully theirs.⁵

The healthy sense of self esteem helps the girls to achieve their ambitions in life effectively. Teenage girls encounter more “stressors” in life, especially in their personel

relationships, and react more strongly than boys to these pressures, which accounts for the higher levels of depression in girls. The mass media including television, movies, videos, magazines, internet and advertisements portray images of girls and women in a sexual manner and house maintenance object.³

A study was conducted with the purpose to see the relationship between self-esteem and academic achievement of secondary school students. A sample consisted of 400 secondary school students of 9th class studying in government and private schools of Jammu District were taken for present study. Self-Esteem Inventory prepared by M.S. Prasad and G.P. Thakur (1977) was used to collect data. Total marks obtained by particular student in the previous examination were taken as academic achievement of students. The collected data was analyzed with the help of Pearson product moment correlation (r). The results of the study showed that a positive and significant correlation between positive-self males and their academic achievement. A positive and significant correlation was found between negative-self females and academic achievement. A positive but not significant correlation was found between positive-self females with their academic achievement¹⁰.

There are several approaches to promote the self esteem of the school students. Among this, Bibliotherapy is one of the best ways to promote self esteem. It is defined as a form of supportive psychotherapy in which carefully selected reading materials are used to assist a subject in solving personal problems or other therapeutic purposes. It has been used to build self esteem in both the children and adolescence in different problems. So Bibliotherapy is a right choice to promote self esteem, self efficacy, and academic performance. It will create a chance to compare their picture and book characters and they will get a good insight through this therapy. Research in the Bibliotherapy has shown student improvement in the following areas.

- Problem solving ability
- Relieve emotional or mental pressure.
- Personal judgement

- Individual understanding of human behaviour and motivation.
- Promotion of self esteem
- Foster an individual's honest of self appraisal.¹¹

From the above mentioned review and the investigator's observation, there is a need to strengthen the self esteem of adolescent girls. The investigator planned to use the Bibliotherapy as a intervention to promote the self esteem among the urban girls. So she planned to conduct the study on effectiveness of Bibliotherapy on self esteem among urban adolescent girls.

1.2 statement of problem

“A study to assess the effectiveness of bibliotherapy on raising self- esteem among nursing students in selected, nurse's home at Chennai.”

1.3 objectives :

- 1) To identify the socio demographic variables of the nursing students
- 2) To assess the existing level of self esteem among nursing students.
- 3) To determine the effectiveness of bibliotherapy on improving self esteem among nursing students.
- 4) To find the association between pretest and post test scores with selected demographic variables

1.4 operational definition

- **Assess:** refers to the process of evaluating self esteem among nursing students.
- **Effectiveness:** In this study it refers to, the outcome of bibliotherapy measured in terms of increased self esteem.
- **Bibliotherapy:** In this study, bibliotherapy is an innovative therapy that utilizes books to help nursing students to raise their self esteem
- **Selfesteem:** it refers to, a nursing student's judgment about her own behaviour, personal worth, ability and it is the essential component of psychological survival.

- **Nursing students:** refers to, the female nursing students those who are aged between 17-21yrs.
- **Selected nurses home:** In this study nurses home refers, female nursing students those who are staying in the nurse hostel.

1.5 Hypotheses

- **H₁:** There will be significant difference between pre- test and post -test in the level of self esteem among female nursing students after bibliotherapy intervention.
- **H₂:** There will be statistically significant association between the raise in self esteem scores of female nursing students those undergoing bibliotherapy intervention with selected demographic variables.

1.6 Assumptions

The researcher assumes that

- 1) Interventions prepared by the investigator are adequate to promote the self esteem.
- 2) Adequate level of self esteem is required for effective academic performance.
- 3) Good self esteem is necessary for adequate learning and social well being.
- 4) Awareness of self help to manage the stress in day to day life.

1.7 Delimitations

- 1) The study is limited to 4-6 weeks.
- 2) Data collection method is limited with the tool which is prepared by the researcher.

Rosenberg Self-Esteem Scale (RSE)

About: This scale is a self-report measure of self-esteem.

Items: 10

Reliability:

Internal consistency for the RSE range from 0.77 to 0.88.

Test-retest reliability for the RSE range from 0.82 to 0.85

Validity:

Criterion validity = 0.55

Construct validity = correlated with anxiety (- 0.64), depression (- 0.54), and anomie (- 0.43).

Scoring:

	Strongly Agree	Agree	Disagree	Strongly Disagree
Items 1, 3, 4, 7	1	2	3	4
Items 2, 5, 6, 8, 9	4	3	2	1

Sum scores for all ten items. A higher score indicates more self-esteem.

References:

Rosenberg, M. (1965). [Society and the adolescent self-image](#).
Princeton, NJ: Princeton University Press.

Rosenberg Self-Esteem Scale (RSE)

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. On the whole, I am satisfied with myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. At times I think I am no good at all.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel that I have a number of good qualities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am able to do things as well as most other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel I do not have much to be proud of.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I certainly feel useless at times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel that I'm a person of worth, at least on an equal plane with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I wish I could have more respect for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. All in all, I am inclined to feel that I am a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I take a positive attitude toward myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SOCIO DEMOGRAPHIC VARIABLES

Age	Education	Religion	Year	Occupation	Income	Duration	Average study	Leisure activity	Interested to read books
c	a	a	d	d	a	c	b	d	a
b	a	c	d	d	a	c	b	c	c
c	a	a	d	d	b	c	b	c	c
c	a	a	d	d	a	c	b	d	a
c	a	a	d	d	a	c	b	e	b
b	a	b	d	d	d	c	a	c	a
b	a	a	d	d	a	c	b	a	b
b	a	a	d	d	a	c	b	a	b
b	a	a	d	d	c	c	b	c	a
b	a	a	d	a	b	c	b	e	c
c	b	a	d	a	c	c	b	d	a
b	a	a	d	d	a	c	b	d	c
b	a	a	d	d	b	c	b	a	c
b	a	c	d	d	a	c	c	d	a
b	a	a	d	d	a	c	b	d	c
b	a	a	d	d	a	c	b	d	c
b	a	a	d	d	a	c	a	d	c
b	a	a	d	d	b	b	c	b	b
b	b	b	a	d	a	c	b	a	c
b	a	a	d	a	a	c	b	c	c
b	a	a	d	d	b	c	a	a	c
b	a	a	d	d	a	c	c	c	a
b	a	a	d	d	a	c	b	b	a
c	a	a	d	d	d	c	b	c	b
a	a	a	d	d	a	c	b	e	a
b	a	a	d	b	a	c	b	c	c
b	a	a	d	d	a	c	b	a	c
b	a	c	d	d	b	c	b	d	c
b	b	a	d	d	b	c	b	e	c
a	a	a	d	b	c	c	b	d	a
c	b	a	d	a	c	c	b	d	a
b	a	c	d	d	b	c	b	a	c
c	b	a	d	a	c	c	b	d	a
a	a	a	d	b	c	c	b	d	a
a	a	a	d	d	d	c	b	c	a
b	a	a	c	d	d	c	b	c	a
b	a	a	c	d	b	c	b	c	a
c	b	a	d	a	c	c	b	d	a

a	b	a	c	d	b	c	b	a	a
b	a	a	c	a	d	c	b	a	c
b	a	a	c	d	a	b	c	a	a
b	b	a	c	d	a	b	b	c	c
b	a	a	c	d	a	c	b	c	c
b	a	a	c	d	a	c	c	d	a
b	b	a	c	d	c	c	b	c	c
b	b	a	c	d	b	c	b	d	c
b	a	c	c	a	d	c	b	c	c
b	a	a	c	a	d	c	a	d	c
b	a	c	c	d	b	c	a	d	b
b	a	a	c	d	c	c	b	c	c
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b	a	a	c	d	a	c	b	c	c
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b	a	a	c	d	a	c	b	c	c
b	a	a	c	d	b	c	b	c	c
b	a	c	c	d	b	c	b	c	c
b	a	a	c	d	b	b	c	d	c
c	b	a	d	a	c	c	b	d	a
c	a	a	d	d	b	c	b	a	c

PRE TEST

2	2	2	2	2	2	2	2	3	21
2	3	3	3	3	3	3	2	1	25
2	2	1	1	2	2	2	1	1	16
2	2	3	3	3	1	3	4	3	26
3	2	2	1	3	3	4	3	1	25
3	1	1	1	2	1	2	2	2	18
2	1	2	2	2	2	3	2	2	20
3	3	3	3	3	2	3	3	3	29
3	2	3	2	3	3	3	0	2	24
3	2	3	2	3	2	3	2	2	25
3	3	2	3	3	2	3	3	2	27
2	3	3	3	2	2	2	3	2	24
3	2	2	3	3	2	3	2	2	24
2	2	1	2	2	1	3	2	2	19
3	2	2	2	3	3	3	3	2	26
2	2	2	2	3	2	3	3	3	25
2	3	2	3	2	2	3	3	2	24
2	3	2	2	2	2	3	2	3	23
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2	0	2	3	3	2	3	2	3	23
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3	1	3	1	3	2	0	1	1	18
2	2	3	3	3	1	3	0	3	22
2	2	3	2	2	2	0	2	3	20
3	2	3	2	3	3	0	2	2	23
2	2	2	2	2	1	3	3	2	21
3	3	3	3	2	2	2	3	2	26
2	3	1	3	2	2	2	2	2	21
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[illegible]

POST TEST

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